

Anthony & Sons Bakery, Inc.
Nutrition Label Report
Kaiser Roll Poppy Seed

4:29 PM 9/15/2020
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Nutrition Facts	
1 serving per container	
Serving size	3 1/4 oz (92g)
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Amount per serving	
Calories	220
Calories from Saturated Fat 0	
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	% Daily Value
Total Fat 3g	4%
Saturated Fat 0.5g	3%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 420mg	18%
Total Carbohydrate 41g	15%
Dietary Fiber 2g	7%
Total Sugars 2g	
Includes 0g Added Sugars	0%
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Protein 8g	
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Vitamin D 0mcg	0%
Calcium 50mg	4%
Iron 2.3mg	15%
Potassium 30mg	0%
Magnesium 10mg	2%

INGREDIENTS: Unbromated Unbleached Enriched ,Wheat, Flour(Niacin,Iron,Thiamine Mononitrate,Riboflavin,Folic Acid), Water, Poppy Seed,Dough Conditioner:(Soy Flour,Diacetyl Tartaric Acid Esters of Mono-and Diglycerides(DATEM),Monoglycerides,Soybean Oil,Calcium Sulfate,Ascorbic Acid,Potassium Bromate, L-Cysteine,Dextrin,Wheat Starch and Enzymes), Salt, Sugar, Vital Wheat Gluten, Yeast, Allergen: This Product has been Processed in a Facility where, Wheat,Soy product are present.
CONTAINS: WHEAT & SOY